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HELLO SPRING, GOODBYE WINTER TRAILS

The sunshine might mean happy trails for Winnipeggers, but the warm weather means the end of the Red River Mutual Trail. The Forks announced the closure of the trail for the season on Monday. About 285,000 people used the trail during the nine weeks it was open, according to The Forks. RON CANTIVEROS/FOR METRO

Councillors take plunge on pools

Budget. Committee rejects 'efficiencies,' votes to up budget by \$100,000



BERNICE PONTANILLA
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The city committee that oversees recreation in Winnipeg dove into the controversial proposal to reduce pool hours Monday by eliminating the 2015 budget's call to find \$100,000 in efficiencies.

The protection and community services committee — made up of councillors Jeff Browaty, Ross Eadie, Jason Schreyer and Matt Allard — also voted in favour of upping the budget by \$100,000.

This means that, should the amendment survive the next step at executive policy committee, council would have to find an extra \$200,000 to cover this expense.

Eadie said the city's community services has taken job losses over the years that has translated into less

promotion of rec facilities, such as pools.

"They've been limited in their people power to make connections in the community to get people using these (low-volume) times," said Eadie, pointing to a city report that stated indoor pool attendance has increased 18 per cent since 2011.

"I think that there's a great ability to fill our pools at those empty times. It's just a matter of community services having those resources to do that."

Browaty, who chairs the committee and is a member of EPC, said he'd like to see what the community services staff comes back with in terms of reduction ideas.

Clive Wightman, the city's director of community services, said their intention all along was simply to find efficiencies, not close any pools.

"Where we want to take a look at is really across the board, where do we have instances whereby we can make some moves with staff, not affect the service whatsoever, and save some dollars on staffing."



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Fire Paramedic Service sees six per cent budget increase

Emergency response.

WFPS budget will go up to \$178.3 million to cover technology, service upgrades



BERNICE PONTANILLA

bernice.pontanilla@metronews.ca

The Winnipeg Fire Paramedic Service will spend a hike to its 2015 budget on more staff, better technology and renovations to three older stations.

The WFPS's budget is increasing six per cent to \$178.3 million from \$167.8 million in 2014. Of the 2015 budget, \$153.4 million is for salaries and benefits.

Fire Paramedic Chief John Lane said that despite the increase, they'll still be looking at reducing overtime costs, which have placed the service in the red in previous years.

Lane said Winnipeg is the largest Canadian city to employ the integrated fire and paramedic model and has, ac-

cording to an OMBI 2013 report, the lowest cost per ambulance unit hour and the second lowest cost per fire unit hour.

After the meeting, deputy chief Christian Schmidt said initiatives such as the Emergency Paramedic in the Community (EPIC) program, are working well, and they're hopeful the city will continue them.

"We've proven that it can work, but now it is very much a case of funding in order to expand," added Schmidt.

Nearly \$3 million in the 2015 budget increase will go toward technology, with \$2 million for the replacement of the Fleetnet radio system, \$735,000 for the 911 call centre and \$200,000 to prepare an RFP for computer-aided dispatch.

The WFPS has also committed funds for older stations: \$1.5 million to build a two-bay extension to Station No. 6 on Redwood Avenue; and \$881,000 to fix the floor at Station No. 5 on Sargent Avenue as well as water-pipe corrosion and asbestos abatement at Station No. 10 on Border Street.



Christian Schmidt, deputy fire paramedic chief, said Monday they're hopeful that funding for the Emergency Paramedic in the Community (EPIC) program will continue. BERNICE PONTANILLA/METRO

Councillor fights for Sherbrook Pool hours

Despite assurances that Sherbrook Pool won't face a reduction in hours, the ward councillor lobbied a city committee on Monday for the facility to be left alone.

Sherbrook Pool is currently undergoing millions of dollars in renovations and is slated to reopen in 2016.

Coun. Cindy Gilroy told the protection and community services committee that

she has concerns "over us reducing this budget line" on pools when there's such a big demand for swimming lessons and times.

"We don't know how that's going to affect programs and services," said Gilroy, who made her comments before the committee voted in favour of eliminating the \$100,000 reduction in efficiencies and adding

another \$100,000 in funding.

Gilroy said she'd like to see more seniors using inner-city pools and any reduction in hours would be "setting us off on the wrong foot."

Clive Wightman, the city's director of community services, said that in the specific case of Sherbrook Pool, as long as there's a need for pool times, it'll be open.

"When we look at efficiencies, we're only looking at times when there's no community use ... simple as that," he said.

"In the instance of the Sherbrook Pool, if the Friends of the Sherbrook Pool were bringing local community groups and developed plans for utilization, we're not telling them the pool's closed."

BERNICE PONTANILLA/METRO

Pan Am Pool expansion

City staff said Monday plans are underway to expand parking at Pan Am Pool, which was built in 1967 and has seen heavy use since then. A feasibility study shows there are two areas for the expansion of the parking lot.

1 NEWS

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NDP veterans seek end to party discord

Leadership contest. Premier has yet to extend peace offering to rebels in his ranks

Veteran members of the Manitoba NDP are calling on people to put aside their egos and reunite a party that has been plagued by in-fighting for months.

Premier Greg Selinger barely held on to his job after getting 51 per cent support from delegates in a weekend leadership vote that saw some of his rivals' supporters reduced to tears. But the premier has not yet extended an olive branch to those who challenged him.

Jim Rondeau, a former cabinet minister who backed challenger Steve Ashton in the leadership race, said a lot is resting on Selinger's shoulders.

"He has to have huge wisdom to figure out how to get together after a large family



Premier Greg Selinger celebrates his win with son Eric, left, wife Claudette and son Pascal at the Manitoba NDP leadership convention Sunday.

JOHN WOODS/THE CANADIAN PRESS

fight," Rondeau said. "He's going to have to figure out how to establish a process to put some of the animosity away."

Although Selinger led the party to its fourth straight majority in 2011, he has faced public anger since raising the provincial sales tax to eight per cent from seven in 2013

after promising not to.

Theresa Oswald and four other senior cabinet ministers resigned in October after calling publicly for Selinger to step down. He refused and went on to beat Oswald on Sunday by only 33 votes.

Selinger declined to speak to The Canadian Press on Monday.

Quoted

"(Selinger) has to have huge wisdom to figure out how to get together after a large family fight."

Jim Rondeau, a former cabinet minister, who backed challenger Steve Ashton in the leadership race

Most of the five rebel cabinet ministers also declined to comment on their futures Monday. Former finance minister Jennifer Howard confirmed in an email she will run again in the next election.

Opposition Progressive Conservative Leader Brian Pallister said he's glad the "circus is packing up and leaving town" but said the NDP has shown it can't give voters the change they desire.

"This dysfunction has got to stop. If Manitobans want real change, they need to come to us."

THE CANADIAN PRESS



Humphrey meets new home, awaits new neighbours

Humphrey the polar bear, previously of the Toronto Zoo, explores his new home at the International Polar Bear Conservation Centre at Assiniboine Park Zoo in Winnipeg. Humphrey is on display for visitors but won't be introduced to the six other bears, including his brother Hudson, for 30 days.

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Ottawa defends safety efforts after derailment

Railways. Local MP says people on edge after second incident in less than a month

The federal government defended its efforts to boost rail safety Monday in the wake of a fiery derailment in northern Ontario that has stoked con-

cerns over the transportation of crude oil by train.

Last Saturday's derailment of a CN train near Gogama was the second such incident near the community about 80 kilometres south of Timmins in less than a month, and the local member of provincial parliament said it left residents on edge.

"For the people of Gogama, it was a very close one," said

Quoted

"For the people of Gogama, it was a very close one." MPP France Gelinas

NDP MPP France Gelinas, who represents the Nickel Belt area.

"They all said, 'What if it had been two kilometres this way? We wouldn't be there

(anymore).'" she said.

"This is a what-if that will be hard for a lot of people to forget, and we need to have substantive changes so that people in Gogama and throughout the northeast can feel safe again."

Federal Transportation Minister Lisa Raitt said the government has already made several changes to improve rail safety in the two years since the deadly derailment in Lac-Mégantic,

Que., including upgrading standards for the tanker cars involved in that incident.

The government is also working to replace the Class 111 cars in the next few years, Raitt said during Question Period.

"We are working with the United States on what a new system will be in terms of a new tank car standard," she said.

CN has said the trains involved in both Saturday's and last month's derailments met the upgraded standards for Class 111 tanker cars. In its preliminary observations on the February spill, the Transportation Safety Board said the cars still "performed similarly" to those involved in the Lac-Mégantic wreck, which predated the changes.

THE CANADIAN PRESS

Health care. Report looks to lessen ambulance waits

A Winnipeg Fire Paramedic Service report suggests patients with minor ailments who call for an ambulance could be asked to wait at home until there's room for them in a hospital ER.

It was one of four options for reducing ambulance off-load times laid out in a report to city hall released Thursday.

The other options were charging a higher fee for delays, finding ways to move

ambulances more quickly at ERs where delays occur and moving minor patients to ERs that are less busy.

The city already charges the Winnipeg Regional Health Authority a fee any time an ambulance waits longer than 60 minutes at a hospital emergency room to drop off a patient.

In 2014, the city billed the health authority \$1,657,305.

THE CANADIAN PRESS



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From left: Colleen McVarish, development manager at Winnipeg Harvest, QX 104 on-air personalities Michelle Cattani and Leanne Cater and country music artist David James pose next to 600 pounds of donated feminine hygiene products. The radio station started the fundraising drive after hearing about the food bank's need for the items. COURTESY WINNIPEG HARVEST

Highway Traffic Act

Doctors called on to report more unsafe drivers

The Manitoba Law Reform Commission is recommending the province change the wording in the Highway Traffic Act to make the rules about reporting unsafe drivers clearer.

Currently, doctors and optometrists have a legal duty to report someone who shouldn't be driving because of a medical condition.

But the commission says

not everyone is complying.

It cites an Ontario study that concludes unsafe drivers often go to the doctor, but are rarely reported to licensing authorities.

Commission spokeswoman Elizabeth McCandless says other research showed some doctors worried about the privacy implications and were unclear whether it's mandatory to report or not.

She says doctors are also reluctant to report because they're worried about how it will jeopardize their relationship with their patient.

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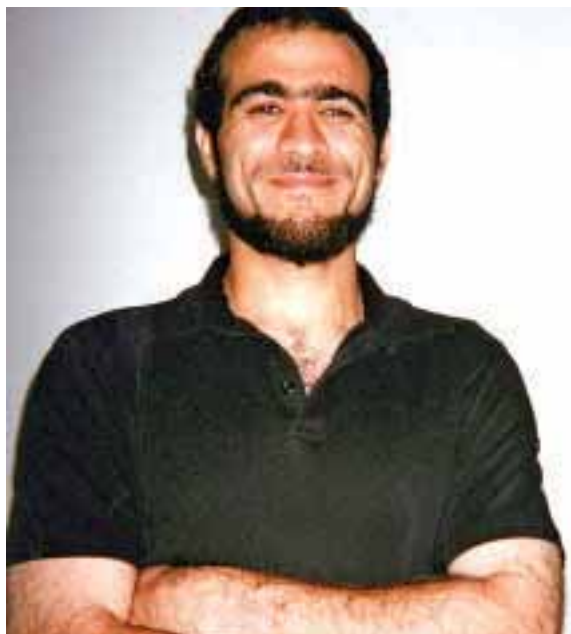
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Khadr's bail application draws long list of backers



Former Guantanamo Bay prisoner Omar Khadr, seen here in an undated photo. COURTESY BOWDEN INSTITUTION/THE CANADIAN PRESS

Legal. The federal government has said it will fight any effort to lessen the former Guantanamo Bay prisoner's punishment

Professors, doctors, businessmen and even a former senior member of the U.S. military have put their names — and reputations — on the line to support the bail application of a man the Canadian government and other detractors have branded a dangerous jihadi terrorist.

Foremost among those

Quoted

"I am proud to count him among my closest friends."

Rob Betty, husband of King's University English professor Arlette Zinck who has been Omar Khadr's tutor for years.

backing Omar Khadr are his long-time lawyer Dennis Edney and his wife Patricia, who have offered to take him into their home if he wins bail.

Edney, who has met the Toronto-born Khadr in prison, says she finds him gentle, articulate and gracious.

Khadr's application for bail — to be heard over two days later this month — aims to get him out of Bowden Institution in Innisfail, Alta., while he is appealing his conviction on five war-crimes charges by a U.S. military commission for incidents that occurred in Afghanistan when he was 15 years old.

In their letters for bail court, Arlette Zinck and her businessman husband Rob Betty make clear their positive assessment of Khadr.

Zinck, an English professor at King's University and one of Khadr's tutors for years, calls him a diligent and capable "model student."

THE CANADIAN PRESS

Q&A

Lawyer's wife speaks out

Patricia Edney is the wife of Dennis Edney, lawyer to Omar Khadr. The couple has agreed to take Khadr, 28, into their Edmonton home if he is released on bail. The Canadian Press interviewed Patricia Edney ahead of Khadr's bail hearing in late March.

Does Dennis bring home his clients on a regular basis — to live with you?

Patricia Edney: It's consistent offering Omar to come to our home. It's consistent with Dennis's faith in Omar, his confidence in the case and the young man that we have both come to know. In my mind, it's a fairly straightforward proposition. Hopefully, we're actually able to have him come.

But this is a little different from the normal routine of lawyers and clients?

Patricia Edney: That speaks

to the fact that we see him as more than a client. We see him as somebody who's been abandoned by his government and suffered greatly for it. It's something we can offer.

The government, of course, brands him as a hardened, unrepentant terrorist.

Patricia Edney: There's lots of evidence that he didn't kill (U.S. Sgt.) Christopher Speer ... But even if he did, he was a child soldier. Omar was 15 when this all took place. He was a child. He is carrying a burden that is not his.

What was it like to meet him and get to know him?

Patricia Edney: It was wonderful to first meet him. I wasn't surprised at how gentle he was, or how articulate and intelligent and gracious. It was more surprise at how tall he was. It was the physical stuff that Dennis would never have thought to fill me in on.

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Africa. Nations ramp up fight against Boko Haram

Soldiers from Chad and Niger launched the largest international push to defeat Nigeria's Islamic extremists, whose war has spilled over into neighbouring countries, officials and witnesses said Monday. Chad's president has warned that the leader of Boko Haram must surrender or be killed.

At least 200 vehicles full of soldiers were spotted by residents crossing from Niger into Nigeria. Loud detonations were soon heard, signalling heavy combat with Boko Haram, said Adam Boukarna, a resident of the border town of Bosso, Niger.

The push marks a sharp escalation by African nations against Boko Haram nearly six years after the group began its insurrection. At an African Union (AU) summit in Addis Ababa, Ethiopia, on Jan. 31, African leaders agreed to send

Elections in Nigeria

The new offensive comes just weeks before Nigeria holds elections many fear will be marred by violence, including from Boko Haram.

7,500 troops to fight Boko Haram. Later, neighbouring countries agreed to increase the force to 8,750. UN Secretary General Ban Ki Moon has said he supports the AU's move.

The new offensive includes troops from Niger for the first time, in addition to Chadian forces that were already carrying out missions in Nigeria, Chadian Brig. Gen. Zakaria Ngobongue said Monday. He described extremism as a "cancer" in the region that could not be defeated by any one country alone.

THE ASSOCIATED PRESS

Philippines. Military kills 73 Muslim rebels

Philippine forces have killed 73 hard-line Muslim rebels and a suspected foreign militant in a three-week offensive in the restive south, where 44 anti-terror police commandos were killed in January in a clash with insurgents, the military said Monday.

Military spokesman Lt. Col. Harold Cabunoc said six soldiers had been killed and 29 others have been wounded in the assaults that started Feb. 25 and have displaced about 25,000 villagers in a marshy region in the boundary of Maguindanao and North Cotabato provinces.

Military chief of staff Gen. Gregorio Pio Catapang ordered the assault against the Bangsamoro Islamic Freedom Movement rebels after they attacked

civilian villages. The rebels have also been implicated in the Jan. 25 killings of 44 commandos during a raid to hunt a suspected terrorist in Maguindanao.

Numbering a few hundred, the insurgents broke off a few years ago from the main Moro Islamic Liberation Front, which signed a new Muslim autonomy deal with the government last year. The breakaway rebels vowed to continue fighting for a separate Muslim homeland.

"We have degraded their capability to conduct atrocities. They are running out of ammunition," Cabunoc told reporters.

The breakaway rebels have played down such military reports of battle gains in the past, branding them as propaganda.

THE ASSOCIATED PRESS

France

Four held over links to attacks

Four people including a policewoman have been taken into custody over suspected links to the attacks that terrorized Paris in January, police and security officials said Monday.

One man — who was already jailed in another case — had ties to Amedy Coulibaly, the gunman who killed five people on Jan. 8 and 9. THE ASSOCIATED PRESS

Gender equality

Goal is '50:50 by 2030': UN chief

UN Secretary-General Ban Ki-moon is challenging all governments to reach the goal of equality for women by the year 2030, saying the key is getting men to change their "mindsets."

"Our goal must be: 50:50 by 2030," Ban said Monday at the opening session of the UN Commission on the Status of Women. THE ASSOCIATED PRESS



Ukraine approaches one-year mark since start of conflict

People pass by a destroyed building in Vuhlehirsk, Ukraine, on Monday. More than 6,000 people have died in eastern Ukraine since the start of the conflict almost a year ago that has led to a "merciless devastation of civilian lives and infrastructure," according to the UN human-rights office. VADIM GHIRDA/THE ASSOCIATED PRESS

Nine abducted by ISIL in deadly oilfield attack

Libya. Seizure of foreign workers last week also saw militants behead eight guards

Quoted

"This is the lifeline of the Libyan people."

Libya's military spokesman Ahmed al-Mesmari, on the country's petroleum industry, adding that losing it to ISIL would be dire

Militants from Libya's Islamic State of Iraq and the Levant (ISIL) affiliate beheaded eight Libyan guards in an attack on a central oilfield last week in which the extremists abducted nine foreigners, a Libyan spokesman said Monday.

Philippine authorities said Monday that four of their nationals were among the nine abducted from the oil field. An Austrian, a Czech, a Bangladeshi and a

Ghana national were also taken, while one hostage remains unidentified.

Friday's attack on the al-Ghani oilfield near the town of Zalla, some 750 kilometres southeast of the capital Tripoli, was part of a series of deadly assaults on Libya's oil lucrative infrastructure by the ISIL group.

The attacks in recent weeks have forced Libya to declare 11 fields non-operational, including al-Ghani, and invoke a force majeure

clause that exempts the state from contractual obligations.

Libya's military spokesman, Ahmed al-Mesmari, warned that ISIL militants' long-term goal is to take over Libya's petroleum industry.

During the attack on al-Ghani, an employee watched the beheadings of the eight oil guards and subsequently died of a heart attack, al-Mesmari said. He did not elaborate on how the army knew about the beheadings,

but the force serving as oil guards is closely allied to the Libyan military, which answers to the eastern-based government, one of Libya's two rival governments.

In the Philippines, Department of Foreign Affairs spokesman Charles Jose said Manila was working with the employer of the nine, Austrian-owned VAOS Oil Service, the Libyan government and embassies of the other foreigners abducted.

The incident brings the total number of Filipinos missing in Libya to seven. Three others were snatched in another oilfield Feb. 3, and their whereabouts also remain unknown.

THE ASSOCIATED PRESS

Fierce fighting continues in Syria, Iraq

The international fight against the ISIL group flared on several fronts over the past 24 hours. Here's a look at the latest developments:

German woman killed fighting with Kurds against ISIL group

A German woman was killed during heavy clashes in northwestern Syria, officials said Monday, becoming the third known Westerner to be

killed after joining Kurdish forces fighting ISIL militants.

Ivana Hoffmann, 19, died Saturday while fighting with the Peoples Protection Units, known as the YPG, near the Syrian village of Tel Tamr in Hassakeh province.

U.S.-led coalition airstrikes hit ISIL-held refinery

Coalition warplanes bombed a refinery near the Syrian town of Tel Abyad on the

Turkish border late Sunday, lighting up the night sky with an enormous fireball, activists said. The Britain-based Syrian Observatory for Human Rights said the strikes killed some 30 people.

The U.S. military's Central Command said in a statement Monday that coalition aircraft struck an ISIL "modular oil refinery" near the town of Kobani on the Turkish border.

Iraqi government presses Tikrit offensive

Iraqi troops and Shiite militias forged ahead with their offensive to retake Saddam Hussein's hometown of Tikrit from ISIL militants. The operation, which is taking place without U.S. assistance, has clawed back a few villages and towns since it began last week, most notably Dawr, south of Tikrit.

THE ASSOCIATED PRESS



Solar Impulse 2 flies after taking off from an airport in Abu Dhabi, United Arab Emirates, on Monday, marking the start of the first attempt to fly around the world without a drop of fuel. JEAN REVILLARD, SOLAR IMPULSE/THE ASSOCIATED PRESS

Using the sun to travel the Earth

Challenge. Co-pilots go to enormous lengths in effort to circle globe using only solar power

With its wings stretched wide to catch the sun's energy, a Swiss-made solar-powered aircraft took off from Abu Dhabi just after daybreak Monday in a historic first attempt to fly around the world without a drop of fossil fuel.

Solar Impulse founder Andre Borschberg was at the controls of the single-seat aircraft when it lumbered into

the air. Borschberg will trade off piloting with co-founder Bertrand Piccard during layovers on a 35,000-kilometre journey.

Some legs of the trip, such as over the Pacific and Atlantic, will mean five days and nights of flying solo. The journey will span 25 flight days over five months.

The Solar Impulse 2 aircraft has a wingspan of 72 metres, larger than that of the Boeing 747. At around 2,300 kilograms, the Si2 weighs about as much as a minivan. An empty Boeing 747, by comparison, weighs some 180,000 kilograms.

Piccard says the best speed for the lightweight Si2 is about 25 knots, or 45 km/h.

Borschberg has been practising yoga and Piccard self-hypnosis in order to calm their minds and manage fatigue during the long solo flights. They aim to rest a maximum of 20 minutes straight, repeating the naps 12 times over a 24-hour period.

The plane does not have a pressurized cockpit, so Borschberg and Piccard will be able to feel the changes in temperature. The pilots' blood oxygen levels will be constantly monitored and sent back to ground control. **THE ASSOCIATED PRESS**

Philadelphia

Murder conviction for fatal back-alley butt enhancement

A former madam who bragged of doing black-market "body sculpting" on thousands of women was convicted Monday of third-degree murder in the death of a dancer whose heart stopped hours after silicone injected into her buttocks moved to her lungs.

Padge-Victoria Wind-slowe had no medical training other than tips she said she picked up from overseas doctors who performed her sex-change operation and a physician-client of her escort service.

THE ASSOCIATED PRESS

New York. Delusions key to defence in murder trial

The daughter of a man on trial for murder in the 1979 disappearance of six-year-old Etan Patz testified Monday about her father's unusual behaviour in an effort to show that he is mentally ill.

Becky Hernandez, 25, said she wasn't allowed out with friends as a youngster unless she had a written invitation and two weeks' notice.

Etan, who vanished on his way to school, helped galvanize the modern-day missing-children's movement; his picture was one of the first to appear on a milk carton.

Pedro Hernandez made a stunning confession in 2012 to choking Etan in the basement of a convenience store

where he worked, after police questioned him on a tip. There's been no physical evidence. No body was ever found. The defence is trying to show the confession is the result of a delusion.

Becky Hernandez said her father would clean their Maple Shade, N.J. home profusely and cook dinner starting at 2 a.m. — the same food every night: chicken, rice and beans. He was hours early for everything and would not allow her to be home alone.

She also said he saw shadowy figures, including a lady in white. One time, he said he awoke to find a bald man choking him, who then disappeared. **THE ASSOCIATED PRESS**



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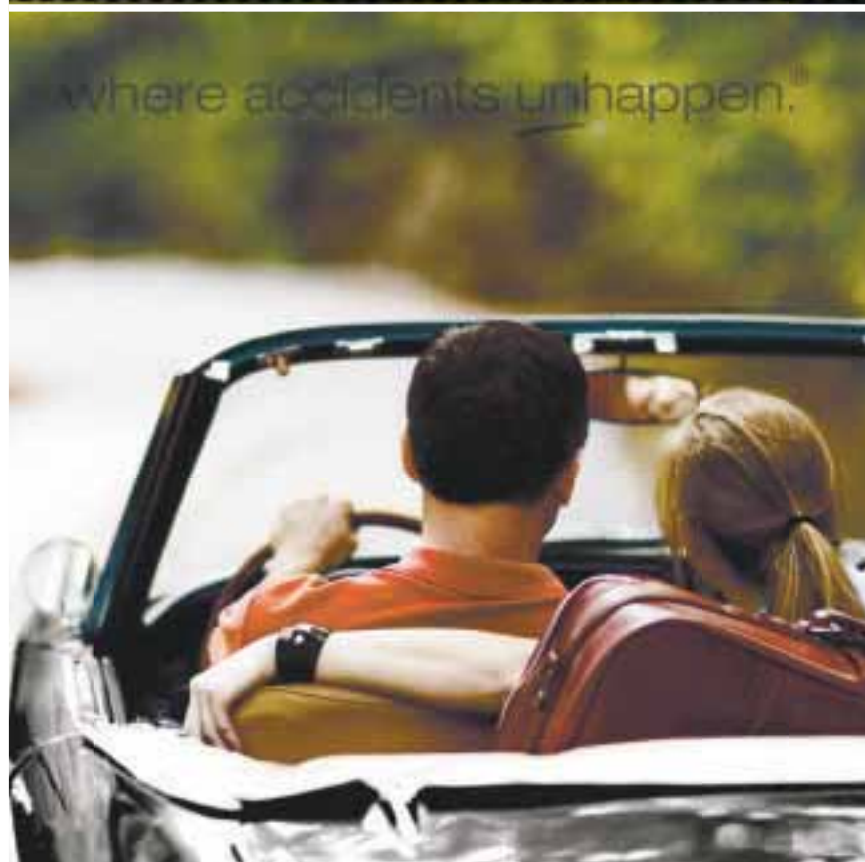
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Senators warn nuke deal may not last long

American politics. Republicans criticize lack of congressional approval for agreement

Forty-seven Republican senators warned on Monday that any agreement the Obama administration strikes with Iran to limit Tehran's nuclear program may be short-lived unless Congress approves the deal. The White House accused the Republicans of advocating a "rush to war."

In an open letter to Iranian leaders, freshman Sen. Tom Cotton and 46 other Republicans said that without congressional approval any deal between Iran and the U.S. would be merely an agreement between President Barack Obama and Iran's supreme leader, Ayatollah Ali Khamenei.

"The next president could

revoke such an executive agreement with the stroke of a pen," they wrote, "and future Congresses could modify the terms of the agreement at any time."

The U.S. and other nations are seeking a pact that would let Western powers verify that Iran will not obtain a nuclear weapon.

At the White House, spokesman Josh Earnest said the Republican letter interferes with negotiations over limiting Tehran's nuclear ambitions.

"I would describe this letter as the continuation of a partisan strategy to undermine the president's ability to conduct foreign policy and advance our national security interests around the globe," Earnest said. "The rush to war or at least the rush to the military option that many Republicans are advocating is not at all in the best interest of the United States." **THE ASSOCIATED PRESS**



Racist chanters 'disgraceful': University of Oklahoma president

Students at the Sigma Alpha Epsilon house load up a moving truck on Monday with their belongings at the University of Oklahoma in Norman, Okla. President David Boren of the University of Oklahoma severed the school's ties with a national fraternity on Monday and ordered that its on-campus house be shuttered after several members took part in a racist chant caught in an online video. It shows several people on a bus participating in a chant that included a racial slur, referenced lynching and indicated black students would never be admitted to the university's chapter of Sigma Alpha Epsilon.

NICK OXFORD/THE ASSOCIATED PRESS

Alabama

Group recalls Bloody Sunday

About 100 people set out Monday to commemorate the historic "Bloody Sunday" demonstration and retrace the steps taken 50 years ago when demonstrators pushing for voting rights for blacks marched from Selma to the state capitol in Montgomery.

THE ASSOCIATED PRESS

Boston

Woman testifies at bombing trial

A woman testifying from her wheelchair Monday in the Boston Marathon bombing trial recalled shielding her husband from the sight of his mangled leg, being pushed to the ground as a bystander frantically tried to extinguish the flames on her body and coming to grips with becoming a double amputee.

THE ASSOCIATED PRESS

Lethal injection

Texas seeks more execution drugs

Texas' prison agency is scrambling to find a supplier to replenish its inventory of execution drugs, which will be used up if the state goes forward with two lethal injections scheduled for this week and next. **THE ASSOCIATED PRESS**

Wisconsin

Man police shot was a risk-taker, says report

An unarmed black man fatally shot by a white Wisconsin police officer faced a choice between a middle-class lifestyle and the gang world and tended to be an impulsive risk-taker, according to court documents.

The file connected to 19-year-old Tony Robinson's conviction last year for armed robbery shows he was diagnosed with attention-deficit disorder and anxiety and depression.

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Apple unveils long-awaited watch

New product. Watch is the first brand-new device Apple has launched without Steve Jobs

Make calls, read email, control music, manage Instagram photos, keep up with your workout, pay for groceries, open your hotel room door.

CEO Tim Cook says you can do it all from your wrist with Apple Watch — for 18 hours a day. That's how long the battery will last on an average day.

Pre-orders start April 10. In Canada, the devices will range from \$449 to as much as \$22,000 for a luxury edition.

Industry watchers are eager to see if Apple's version will be the tipping point for the sluggish smartwatch market. There was similar skepticism when Apple released the iPad in 2010, yet the company has

Prices

The watches are available in two sizes, with 38-millimetre and 42-millimetre bodies.

- The Apple Watch Sport is priced at \$449 and \$519 in Canada, the mid-range Apple Watch is priced between \$699 and \$1,459 depending on the style of band, and Apple Watch Edition models start at \$13,000.

successfully sold millions and its popularity has shaken up the PC market.

The stakes are high for a company that just dislodged AT&T as one of the 30 stocks comprising the venerable Dow Jones industrial average.

Apple is entering a market in which numerous tech companies are already selling smartwatches, from the Samsung Gear and Motorola's Moto 360 to



Apple CEO Tim Cook talks about the new Apple Watch during an Apple event in San Francisco on Monday.

ERIC RISBERG/THE ASSOCIATED PRESS

the Pebble Steel and other models made by smaller startups.

Many run on Android

Wear, the software platform from Google. They range in price from \$100 to \$500 or more, but most

don't have as many features as the Apple Watch, and they have not been big hits.

THE ASSOCIATED PRESS

Other announcements

Apple TV price cut

Apple has cut the price of Apple TV by \$30 US to \$69 US and is partnering with HBO to offer its stand-alone streaming service, HBO Go, on Apple devices in time for the Game of Thrones premiere April 12. The new service will cost \$14.99 US monthly.

Also unveiled at Apple's big event was a shiny, skinny and silent MacBook weighing in at just two pounds that the company says is the world's most energy-efficient laptop. The starting price of the new MacBook laptop is \$1,299 US and it comes with 256 gigabytes of storage. For \$1,599, you get a faster processor and twice the storage. The MacBook starts shipping April 10.

THE ASSOCIATED PRESS

Supermarkets

Loblaws planning \$1.2B expansion

Loblaws Companies Ltd. says it will build 50 new stores and renovate or improve more than 100 existing stores across the country in 2015, creating about 5,000 jobs.

The company will also look to make more investments in its e-commerce offering, supply chain and IT infrastructure. The initiatives are expected to top \$1.2 billion in 2015.

THE CANADIAN PRESS

Market Minute



DOLLAR
79.39¢ (+0.09¢)



TSX
14,854.49 (-98.01)



OIL
\$50.00 US (+39¢)



GOLD
\$1,166.50 US (+\$2.20)

Natural gas: \$2.678 US (-0.7¢)
Dow Jones: 17,995.72 (+138.94)

Tainted feed not yet proved as BSE source



Gerry Ritz, minister of agriculture, tries his hand at slicing beef at the opening of the Canadian Beef Centre of Excellence in Calgary on Monday. THE CANADIAN PRESS

Federal Agriculture Minister Gerry Ritz says figuring out how an Alberta cow was infected with BSE is like looking for a needle in a haystack.

The beef breeding cow was discovered last month on a farm near Edmonton and was born on a nearby farm. Another cow born at the same location in 2004 tested positive for bovine spongiform encephalopathy in 2010.

Officials have said that no material from either cow made it into human or animal food.

The Canadian Food Inspec-

tion Agency continues the complex task of checking cattle born on the farm to see whether they may have been exposed to the same feed as the BSE cow, although it hasn't been determined yet whether infected feed caused the disease in this case.

Ritz says a number of countries that have temporarily suspended imports of Canadian beef are being kept in the loop, but he points out they only account for about five per cent of Canada's worldwide market.

Ritz was in Calgary for the

official opening of the Canadian Beef Centre of Excellence. Ottawa invested \$3.4 million to help set up the centre, which is being operated by Canada Beef Inc., a national organization that handles research, marketing and promotion of the Canadian cattle and beef industry worldwide.

The facility will provide space and resources to help the industry promote new products, training and education focused on the technical advantages of Canadian beef.

THE CANADIAN PRESS

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VOICES

LESSONS FROM THE RIVER TRAIL

Fun, organized, beautiful — our other modes of transport could learn a lot from the Red River Mutual Trail



**YOUR
RIDE**
Colin Fast

Perhaps the greatest transportation system in Winnipeg shut down yesterday. Within weeks, any proof of its existence will be wiped out.

But, no worries; it will be back again in about 10 months.

The Red River Mutual Trail — or just “the river trail” to most people — hosted its final skaters, skiers, cyclists and pedestrians of the season on the weekend.

And while many people might not consider it a true transportation system — after all, there’s not a huge market for commuters between the St. Vital Bridge and The Forks — it does provide a few lessons in how to modify our approach to driving, busing and biking to make them more appealing activities.

Make it fun: When you think about it, using the river trail is actually a bit of a pain. You have to make your way down to a specific stretch of the river, squat on a rickety bench to put your skates on, then lug your shoes and boots along for the trip. If you want to stop to do anything along the way, then you have to reverse the process.

Yet tens of thousands of people make the trek every winter with smiles on their faces, because it’s fun. So how do you replicate that experience on a regular commute?

Synchronizing traffic lights and ensuring speed limits are consistent makes driving more enjoyable. Cruising along rapid transit lines is more fun than being stuck on regular roads. Wi-Fi on buses would be a cool



A pair of skaters take to the ice on the Red River Mutual Trail at the Forks. SHANE GIBSON/METRO FILE

feature, and buying some double-decker models like Ottawa recently did would make transit a whole lot more charming. And how about turning water buses into something more than just a tourist attraction?

Keep uses separated: It’s somewhat amusing that the best example of a complete street in Winnipeg takes place on a frozen river, but the river trail is a great example of how keeping uses separate works well for everyone.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
winnipeg@metronews.ca

Skaters, pedestrians and skiers are all travelling the same route, but they each have their own space. It’s an efficient way to build the network, and it helps prevent accidents.

We should be able to enjoy the same safety and efficiency on our roads, with separate lanes for cars, buses, bikes and pedestrians.

Give us something to look at: Of course the river trail wouldn’t be nearly as interesting if it wasn’t for the warming huts. The varied designs and colours bring life to what could be a desolate stretch of frozen water.

In the same way, the city’s funding of public art and enhanced infrastructure can make it a more joyous experience to get around town. Sure, you can build another utilitarian bridge that takes you from one side of a river to the other, or you can invest in something like the Esplanade Riel that takes you much further than that.

So while our civic leaders put their skates away for another season, let’s hope they turn their attention to how we can make our daily commute a little more like cruising the river trail.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Apple Watch: Addressing problems that never were problems



**JUSTIN
LEE**
readers@metronews.ca

Apple announced Monday details about its heavily-anticipated, yet arguably unnecessary Apple Watch, which hits shelves next month.

The smart watch connects to iPhone 5 or later models to receive notifications about incoming mail, messages, calls and events, and is loaded with enough features to impress Penny from Inspector Gadget.

In fact, the Apple Watch seems nothing more than a micro version of an iPhone or iPad.

But instead of having to physically reach for the device, you have immediate access — anytime or anywhere — since you’re physically wearing it.

By being “plugged in” round the clock, you’ll never miss a chance to apply a Valencia filter to that kale salad post or “swipe

“Communication” technology

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

left” whenever you see a profile pic of some sociopath canoodling with a tiger.

And I suppose that’s the greatest drawback to technology in the 21st century — that it somehow addresses problems that never were considered problems in the first place.

Back in the day, advancements in technology were wholly necessary. We didn’t have a means to travel far distances in a reasonable amount of time, so we invented planes, trains and automobiles. We didn’t

have a way to verbally communicate with our friends, families, and pushy telemarketers who interrupt our dinner, so we invented the telephone.

But at what point has anyone ever said, “Gee, I really wish there was some way I could instantly access an entire library on the go, even though I can only physically read one book at a time. You never know when you might feel compelled to reread that titillating tampon scene in Fifty Shades of Grey.”

Or when was the last time anyone has ever thought, “I really wish I had a pair of glasses that would allow me to view a video clip of a sunrise instead of an actual sunrise?”

Civilization has become so consumed with inventing new and efficient ways to perform even the most innocuous of tasks.

Twenty years ago, we would take time out of our busy lives to talk to our friends and family in person or over the phone.

Now we can’t even seem to reply to a simple text.

Instead of bringing us closer together, this so-called communication technology has transformed us into a more distant, jaded, and colder culture.

Technology has become a never-ending cycle: We create solutions to problems, which in turn generates a new set of problems that we need to tackle.

To quote Damon Albarn of Blur, “We’re everyday robots in control / in the process of being sold / Driving in adjacent cars / ‘Til you press restart.”

Although the Apple Watch will not help you foil Dr. Claw’s latest evil plan, it certainly might bring Apple one step closer to achieving world domination.

Justin Lee is a Toronto-based writer, DJ and documentary filmmaker who enjoys exploring music, arts and culture and social issues.

Filmmaking

Director pleads guilty in train crash death

The director of a movie about musician Gregg Allman pleaded guilty Monday in a train crash that killed a camera assistant and injured six film workers. In exchange, prosecutors dropped charges against his wife and business partner.

The case is a rare example of filmmakers being prosecuted for deaths on their sets.

As part of the plea deal, director Randall Miller will spend two years in the county jail and another eight on probation on involuntary manslaughter and criminal trespassing charges. He also will pay a \$20,000 fine.

In the crash a year ago, a freight train travelling 55 m.p.h. plowed into the director's crew on a Georgia railroad bridge.

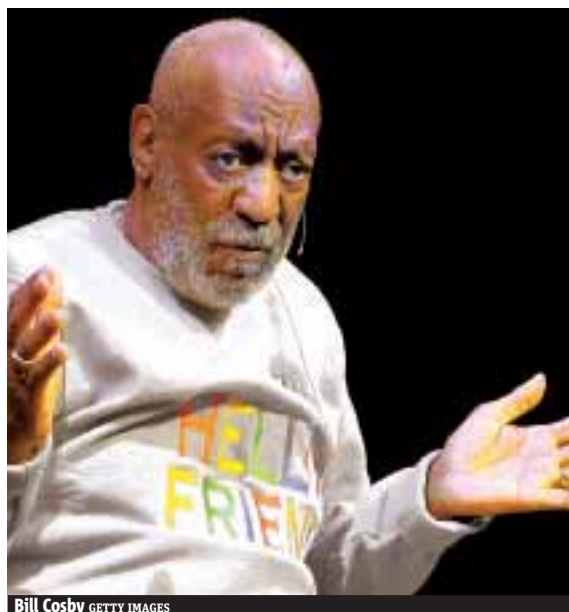
The Midnight Rider movie has since been in limbo since the crash. Allman sued Miller to prevent the director from reviving the film. They settled out of court last year, and terms were not disclosed.

THE ASSOCIATED PRESS



Film director Randall Miller
THE ASSOCIATED PRESS

Cosby promo fail



Bill Cosby GETTY IMAGES

Showing further signs of not-terribly-great judgment, Bill Cosby released an awkward, amateur-ish video message to promote an upcoming gig. In it, the embattled comic icon is on the phone trying to convince someone to come see the show. "You know I'll be hilarious," he says in the 10-second clip, first released to ABC News. He accompanied the video with a written message: "Dear fans, I hope you enjoy my wonderful video message," he writes. "Hey, hey, hey, I'm far from finished." While the video might not be as wonderful as he insists, it does raise a lot of questions: Is that a rotary phone? Why is this shot like an ISIS hostage video? Are those silk pyjamas? Also, can we address how terrible a slogan "I'm far from finished" is for a man accused of more than 30 separate acts of sexual assault?

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES



The Simpsons co-creator dies

Sam Simon, a co-creator of The Simpsons and animal-rights advocate who made a midlife career shift into philanthropy and channeled much of his personal fortune into social causes, has died. Simon died Sunday at his home in Pacific Palisades, Calif., his agent, Andy Patman said. He was 59. He was diagnosed with advanced colon cancer in 2011. Simon helped launch The Simpsons in 1989.

"I'm not sad," he declared in 2013 as he battled an illness that his doctors said might claim him within months. "I'm happy. I don't feel angry and bitter. I want to do whatever I can to survive."

THE ASSOCIATED PRESS



Sam Simon THE ASSOCIATED PRESS

Video may prove Suge is innocent

Graphic video footage has surfaced of the Jan. 29 hit-and-run incident near the Los Angeles set of the film Straight Outta Compton that landed Death Row Records founder Suge Knight behind bars, according to TMZ. The video, taken from the surveillance footage of a burger joint where the incident took place, will be used as evidence by both the prosecution and the defence in any upcoming trial, as Knight's defence team believe the footage exonerates their client by proving he was the victim of an armed ambush.



Suge Knight GETTY IMAGES

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2 SCENE

New PlayStation series banks on the Powers of television

New series. Adapted from a comic, scripted drama is a first for the gaming network

Ability does not imply accomplishment. And accomplishment is no prerequisite for fame.

This we know all too well from reality TV. But today's viral sprawl of celebrity is explored in fresh fashion by a new series spawned from what some viewers might deem an unlikely source: comic books.

Powers is a new series whose 10-episode season is the latest blossoming of scripted TV fare from unexpected sources. PlayStation network is home base for the show, the first original scripted series on the network.

Starting Tuesday, Powers will be free to PlayStation subscribers, with the first episode free to anyone for streaming



Sharlto Copley, left, and Susan Heyward act out a scene from Powers. The series' 10-episode first season is the latest blossoming of scripted TV fare from unexpected sources — the home base for Powers is the PlayStation network.
THE ASSOCIATED PRESS

through the PlayStation Store website (a PlayStation console is not required). Subsequent episodes will be available for purchase by non-subscribers.

Powers is set in a two-tier society where ordinary humans

must coexist with a superior class who, thanks to random distribution, are endowed with superpowers which they employ for good or, just as often, for non-heroic purposes like crime.

Maintaining order among superhumans places a heavy burden on law enforcement. Powers focuses on a pair of homicide detectives, Christian Walker (played by Sharlto Copley) and Deena Pilgrim. They in-

vestigate cases involving those people of disruptive privilege known as Powers.

Walker used to be a superstar superhero, with a superb-guy reputation. But then his powers disappeared.

The department's only cop who can identify with the Powers elite, he is haunted by memories of flying and other abilities he once possessed.

Powers has been in development for the screen for 15 years, says series co-creator Brian Michael Bendis, who created the comic in 2000 with Michael Avon Oeming. It was first adapted as a possible film project, then evolved into this series and was snapped up by PlayStation. He acknowledges there might be a bit of confusion about the PlayStation venue.

"Some people think our show is webisodes," he says with a laugh. "But this is a fully budgeted, network-style show."

THE ASSOCIATED PRESS

Instagram. Show has on-air potential

A new interactive Instagram series from American comedian Chris Hardwick's @midnight kicked off on Monday but its future depends entirely on an active, imaginative fan base.

Crammed into 15 seconds, the first episode of Plot Twist-agram features a drowsy young man who heads to the kitchen to make some breakfast. After electrocuting himself making some burnt toast, he comes face-to-face with some seemingly radioactive cereal — and, enter the cliffhanger. It will be up to viewers to decide what happens next by leaving a comment on the photo-sharing app.

For now, this off-air spin of the eponymous weeknight Internet-inspired improv game show, will only take place on Instagram. But Mashable reports that depending on audience response, the concept could become an on-air game show. The show's team will select the best scenario and film it to be shown every Monday. AFP

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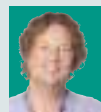
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Collecting

There's still lots of money in vinyl



SOUND CHECK
Alan Cross
scene@metronews.ca

Although vinyl sales had almost disappeared into a black hole by 2006, the format was kept alive by record-collecting obsessives who scoured through record shows and garage sales and trolled sites like eBay.

Every collector has at least one Holy Grail on their list. For me, it would be a copy of the Sex Pistols God Save the Queen 7-inch (b/w No Feelings, s/n AMS 7284) manufactured by A&M Records U.K. during the five days the band was signed to the label in 1977. But after an outcry by shareholders and other artists on the label (including — ahem — The Carpenters), the Pistols were dropped and all copies of God Save the Queen were ordered destroyed.

Most of them were, but an undetermined number were rescued by A&M employees.

Copies come up for auction every once in a while.



Jack White GETTY IMAGES

One never-played copy sold for about \$11,500 last month, a bargain compared to the one that sold for \$25,000 in 2006.

However, this is chump change if we're looking for something truly rare. In January, an acetate (a fragile audio pressing) made by an 18-year-old truck driver named Elvis Presley on July 18, 1953, was purchased by Jack White (yes, him) for \$378,000.

Given that this was Elvis' first-ever recording — and that there's just one copy in existence — the record has status in the history of rock 'n' roll. Jack plans to reissue My Happiness b/w That's When the Heartaches Begin on vinyl through his Third Man Records as part of Record Store Day on April 18.

Album. Will Butler has a new Policy

Anyone who has seen Arcade Fire live knows that Will Butler doesn't like to sit still.

The younger Butler brother is a combustible bundle of twitchy energy onstage, so it's no surprise that his debut solo album, Policy, is a restless firecracker that manages to showcase — in only eight songs — plenty of styles. As he spun the new sounds for his Arcade Fire bandmates — including frontman brother Win — on the road during the Reflektor tour, it was the album's wandering nature that most stood out.

"Everyone's response was similar," Butler said. "It was like, 'Oh, I mean, it's very diverse, which I like. But will people like it? You should think about it if you want it to be so diverse or if you should stylistically unify it.'"

On his first solitary sojourn, Butler strayed from Arcade Fire's notoriously arduous creative process.

"Collaboration with amazing artists is such a joy, but it is a lot of psychological work," he said. "But this time around, it was perfectly liberating and exciting and fun."

THE CANADIAN PRESS



Who needs a noggin when the answers to life's questions are always at your fingertips. ISTOCK

Not-so-smartphone?

Wellness. Researchers examining whether smartphones are making users lazier and less astute

Having the world at our fingertips diminishes the role of our brains in daily life, according to researchers in Canada.

"Decades of research has revealed that humans are eager to avoid expending effort when problem-solving, and it seems likely that people will increasingly use their smartphones as an extended mind," says lead author Nathaniel Barr,

a post-doctoral researcher in reasoning and decision making at the University of Waterloo.

Highly intelligent people approach problem-solving in a manner that's analytical rather than intuitive, yet smartphones allow them to second-guess themselves, say the researchers.

The problem leaves no one behind, for intuitive thinkers who rely on their gut instinct simply turn to their devices rather than their brainpower.

In three experiments that involved a total of 660 participants, the research team analyzed users' smartphone habits in relation to their cognitive style and verbal

and quantitative skills.

The same participants performed better on the same tests and demonstrated greater willingness to think analytically when they were separated from their smartphones, according to the study.

"Our research provides support for an association between heavy smartphone use and lowered intelligence," says co-author Gordon Pennycook, a PhD candidate in psychology at the University of Waterloo.

"Whether smartphones actually decrease intelligence is still an open question that requires future research."

The study, published in

the journal *Computers in Human Behavior*, bears grim implications on the cognition of an aging population.

"Our reliance on smartphones and other devices will likely only continue to rise," says Barr.

"It's important to understand how smartphones affect and relate to human psychology before these technologies are so fully ingrained that it's hard to recall what life was like without them. We may already be at that point."

To recall what life was like in the pre-smartphone era, try leaving the house without it every once in a while — it might do more good than harm. **AFP**

Therapy



Latest adult colouring book focuses on anti-stress benefit

A growing trend among adults, colouring books are said to help de-stress and unwind and are slowly taking off outside Europe, where the trend originated.

The latest example, *Colour Therapy: An Anti-Stress Colouring Book*, is out this week in Britain before heading to the other side of the Atlantic in June.

A way of passing the time and clearing one's thoughts — during breaks from Candy Crush, at least — colouring books began taking off in France a few years ago and have grown increasingly popular there; among them, books by Lisa Magano have been nearly instant hits and *Secret Garden* (sold in France as "Jardin secret") by Johanna Basford was a success in 2013. **AFP**

Highs hindered by health hazards

Health. New study on the effects of marijuana could make road to legalization a little less smooth

MATT LEE
Metro in New York City

As marijuana legalization advocates cheer on the growing support for their cause, a new study out of the Wilford Hall Ambulatory Surgical Center in San Antonio, Texas has warned of a growing number of in-

stances in which patients are diagnosed with an allergy to cannabis.

Metro spoke with allergy and immunology specialist Dr. Purvi Parikh of the Allergy & Asthma Network and NYU Langone Medical Center to get a better understanding of the marijuana allergy.

Can you break down the basics of what this allergy is all about?

You can be allergic to anything, that's the nature of how allergies are, but now that more states are legalizing marijuana it's coming to the forefront. It's not that the allergy is new but it's now being more recog-

nized. The allergen is the plant itself, called *Cannabis sativa*. That plant itself can cause a lot of allergic symptoms in people ... hay fever symptoms, itchy eyes, stuffy nose. It can cause asthma, or even more severe allergic reactions like anaphylactic shock. It's a unique type of allergen because it's something that you know is inhaled and can also be (acquired) through second-hand smoke. It is a public health concern as marijuana does become more legalized because more states may start growing it. The production of it can release allergens into the air. The same way pollen travels through the air, marijuana itself can also produce a pollen.



Will the progress of the legalization movement go up in smoke as information about allergies grows? ISTOCK

3 LIFE

Veggie meal's protein punch

Dinner. Instead of boiling mini cabbages, try roasting them in this low-calorie Tofu and Brussels Sprouts side dish

Tofu has long been discussed as a functional food for managing menopause because of its plant-based estrogen. But it is also a great, low-calorie, lean protein that can be delicious when roasted with Brussels sprouts.

This is a great side dish but it is also a perfect vegetarian meal on its own. Simply bake the dish in single serving dishes

Ingredients

- 4 cups frozen baby Brussels sprouts
- 6-8 oz organic firm tofu, small cubes
- 1 tbsp melted butter
- 1 tsp fresh thyme
- 1/4 cup grated Parmesan cheese
- 2 tbsp ground flax
- Sea salt and pepper



This recipe makes four main servings, or eight side-dish servings. THERESA ALBERT

and top with a bit of Parmesan cheese.

1. Toss Brussels sprouts with tofu and spread into a large, low casserole. Drizzle and toss

with melted butter and sprinkle with thyme.

2. Bake in 400 F oven for 20-25 minutes until they begin to brown.

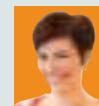
3. Mix together Parmesan cheese and ground flax; salt and pepper as desired. Sprinkle on top and bake for 5-10 more minutes.

THERESA ALBERT

TOTAL TIME
30 MINUTES

Health Solutions

Learn to love Brussels sprouts



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Brussels sprouts are little baby cabbages with all of the same nutrients.

They are absolutely adorable when they grow on a tall, sturdy stock and look like little buttons.

They are hearty, cold-weather vegetables that can handle a frost or two, which is why they are usually harvested in fall.

Raw and fresh, they do require about the same kind of attention as green beans in that they need to be trimmed of the woody end.

Honestly, this is one of the vegetables that I actually prefer to buy frozen. Straight out of the freezer, they are more tender and pre-trimmed so a quick

steam makes a weeknight meal a breeze.

Nutritionally they do pack a punch with one sprout providing 35 per cent of a day's worth of vitamin K.

They are also high in vitamins C and A as well as potassium and fibre making them the perfect heart-healthy choice.

The trick to Brussels sprouts is to not overcook them. Doing so creates a disgusting sulphur smell.

You do, however, have to score them to be sure they cook through the tougher base. Roasting helps to caramelize the sugars and make for a sweeter, softer vegetable pleasure.

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Flavour tofu with sauce

1. Cut block of tofu in half horizontally to create 2 thick slabs. Wrap each slab in clean kitchen towel and place on plate. Place second plate on top of tofu, then weigh down with several heavy cans. Press in this manner for 30 minutes to drain water from tofu and firm up. Unwrap tofu and cut each slab into 1/2-inch pieces. Set aside.

2. In bowl, whisk together the orange juice, water, hoisin, soy sauce, chili-garlic sauce, cornstarch and sesame oil. Set aside.

3. In nonstick skillet over medium-high, heat 1 1/2 tablespoons vegetable oil. Add half of tofu pieces, sprinkle with salt, then cook, stirring occasionally, until golden brown, 10 minutes. Use slotted spoon to transfer tofu to bowl. Repeat with another 1 1/2 tablespoons of oil and remaining tofu.

4. Return skillet to heat and add remaining 1 tablespoon of oil. Add red pepper and cook, stirring, until almost tender, about 3 minutes. Add broccoli and cook 2 minutes. Add ginger and garlic and cook, stirring, 1 minute. Whisk sauce in bowl to make certain cornstarch is dissolved, then add to skillet, whisking. Bring to boil to thicken, then add tofu and cook just



This Sautéed Tofu With Broccoli and Red Peppers in Chili-Orange Sauce serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

until heated through.

5. Arrange a mound of rice on each of 4 serving plates, then

top with the tofu mixture and cashews. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 14-oz package extra-firm water-packed tofu
- 1/4 cup fresh orange juice
- 1/4 cup water
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce
- 2 tbsp chili-garlic sauce
- 1 tbsp cornstarch
- 1/2 tsp sesame oil

- 4 tbsp vegetable oil, divided
- 1 red bell pepper, cored and cut into thin strips
- 6 cups broccoli florets, blanched until crisp-tender, then drained
- 2 tsp minced fresh ginger
- 2 tsp minced garlic
- Brown rice, cooked, to serve
- Toasted cashews, to garnish

NFL

Hughes re-signs with Bills

Defensive end Jerry Hughes had no intention of leaving the Bills just when things are beginning to look up in Buffalo.

The chance to play under new coach Rex Ryan, a defensive specialist, and alongside three Pro Bowl linemen were among the key reasons Hughes re-signed with the Bills on Monday. He signed a five-year contract with a potential worth of more than \$45 million a day before having the opportunity to test the free-agent market.

A person familiar with negotiations provided the player's contract details and spoke on the condition of anonymity because the team did not release those figures.

"We have a lot of unfinished business," Hughes said. "And I'm someone who doesn't like to leave anything undone. I wanted to come back with these guys so we could take care of that and get that accomplished." **THE ASSOCIATED PRESS**

Police: Johnson unco-operative after shooting

New York Jets running back Chris Johnson was unco-operative with deputies who responded over the weekend to a fatal shooting that left him and a friend with bullet wounds and the driver of their car dead, according to an Orange County Sheriff's Office report released Monday.

Chris Johnson was shot in the right shoulder when someone pulled up next to the Jeep and started firing.

THE ASSOCIATED PRESS

Hamonic continually adding to repertoire

NHL. Invite to Canada's Olympic camp sparked improvement for Islanders blue-liner

Travis Hamonic would've had to blow Canada's management group away with his play to make the Sochi Olympic team. Still, the New York Islanders defenceman was at orientation camp in August 2013, which meant something.

"I certainly felt like I was deserving of it," Hamonic said.

Almost two seasons later, Hamonic is proving it on a deep blue-line for the first-place Islanders. The native of St. Malo, Man., has become a more well-rounded player in part because of that camp experience.

As one of the youngest players in Calgary, Hamonic asked questions of Shea Weber, Duncan Keith and Brent Seabrook, among others, and tried to use that advice in his own maturation process in the NHL.

"I certainly went in with my eyes and ears open and my mouth shut and tried to learn as much as I could from the older guys," Hamonic said Monday. "When Hockey Canada shows that kind of confidence in you, you want to try and take it over to your own game and try to prove you belong."

Hamonic remains a strong, right-handed-shooting shutdown defenceman but has added a bit more offence to his game. With 25 points on four goals and 21 assists, he's one off his career high.



Travis Hamonic remains a shutdown defenceman but has added more offence to his game for the first-place Islanders. **BRUCE BENNETT/GETTY IMAGES**

Quoted

"This is season No. 5 for me, and every season I've tried to develop a little bit more and try to make a bit more of a name for myself."

Islanders defenceman Travis Hamonic

"Travis, it doesn't surprise me where he's at," Islanders coach Jack Capuano said. "He's one of those guys that competes extremely hard every day, whether it's a prac-

tice or a game, and that's what you want to see in your players."

Instead of thinking too much about joining the rush, Hamonic has been situation-

ally aware and less afraid to take chances.

"Skating is probably one of my better attributes that I have," the 24-year-old said. "I think I'm just trying to find a way to use it to my advantage a little bit more often and not get caught up the ice and when I have an opportunity to go, just go."

Hamonic credits confidence, and some of that came from Hockey Canada.

THE CANADIAN PRESS

Video shows Hernandez carrying gun: Prosecutors



Aaron Hernandez is accused of killing Odin Lloyd.

ARAM BOGHOSIAN/THE BOSTON GLOBE/POOL/THE ASSOCIATED PRESS

Home surveillance video played for jurors Monday in the murder trial of former New England Patriots player Aaron Hernandez shows him holding what prosecutors say is a gun and leaving his house with two co-defendants hours before the killing.

Hernandez is accused of the June 17, 2013, killing of Odin Lloyd, who was dating the sister of Hernandez's fiancée. Lloyd was found shot to death in an industrial park not far from Hernandez's home.

The video, taken by an extensive surveillance system

Black object

The object in question is difficult to make out in the video, which is taken from across the room and isn't sharp. Hernandez's legal team has suggested it was a remote control or other device.

in and around Hernandez's home, shows him returning home from a night out celebrating Father's Day with his fiancée, Shayanna Jenkins. They are greeted by two of Hernan-

dez's friends, Ernest Wallace and Carlos Ortiz, who are also charged in the murder. Both men have pleaded not guilty and will be tried separately.

Prosecutors played the video Monday during testimony by Jennifer Fortier, 28, who babysat for Hernandez and Jenkins' infant daughter that night.

On one clip, Hernandez can be seen walking through the living room carrying a black object at about 12:45 a.m. Fortier, who was there at the time, testified that she didn't see the object. **THE ASSOCIATED PRESS**

NBA

Injured Rose eyes return this season

Chicago Bulls guard Derrick Rose said Monday he thinks he will be back this season after last month's knee surgery, but he isn't putting a firm timetable on his return. Rose said "whenever I feel right, that's when I'm going to step back."

THE ASSOCIATED PRESS

Paralympics

Huot's joy as stolen medals re-awarded

Benoit Huot's smile was nearly as bright as the Paralympic medals around his neck.

A little more than six months after the star swimmer had seven medals stolen from his home, he got five back Monday. The stolen hardware was never recovered, but replacements

of Paralympic and Commonwealth Games medals were re-awarded to him at a ceremony at a Montreal high school. Two other medals from Para Pan-Am games have yet to be replaced. "The last six months have been tough, so to have the medals back is something I'm really happy about," said the 31-year-old Huot.

Burglars broke into Huot's home in Longueuil, Que., took



Benoit Huot THE CANADIAN PRESS

gold and bronze Paralympic medals and a bronze, silver and gold from Commonwealth Games among others.

THE CANADIAN PRESS

Cricket World Cup

Plucky minnows Bangladesh shock lacklustre England

England's forgettable World Cup is all but over after a 15-run loss to a Bangladesh lineup destined to become stars in their homeland after reaching the quarter-finals for the first time.

THE ASSOCIATED PRESS

MLB

A-Rod not talking up early form

Alex Rodriguez is downplaying his early spring training success at the plate. Rodriguez went 2-for-3 and singled in a run for his first RBI since a season-long drug suspension, helping the New York Yankees beat the Tampa Bay Rays 4-3 Monday.

THE ASSOCIATED PRESS

When the Goins gets tough, Ryan goes back to basics

Blue Jays. Texan is drawing from his youth to improve batting as competition heats up for roster spots

Ryan Goins went home to Round Rock, Texas, this winter, looked up his old friends at a local batting cage, and immediately went to work on his hitting.

Nothing out of the ordinary for the 27-year-old Jays second baseman, except for the frame of mind he brought with him.

"I think I had a lot of (hitting) information that wasn't successful for me last year so I just went back to my hitting from school and the minor leagues, just simplify things a bit," Goins said as a Jays split squad lost 1-0 to Houston on Monday. Toronto's other half fell 6-4 to Detroit in Lakeland, Fla.

Goins entered Jays camp in a five-way dogfight for second base — Ramon Santiago, Steve Tolleson, Munenori Kawasaki and Goins all have designs on either winning the job outright, or earning a roster spot.

Goins won the job out of

camp a year ago, but his .188 average ultimately led to a sentence in AAA Buffalo, allowing Kawasaki to play second regularly after May.

There is more competition this year, with a slight shift in focus. "We have good players in camp and Gibby (manager John Gibbons) has moved (Izturis and Tolleson) around to shortstop and third base, so its not, 'I'm the starting second baseman,' it's what role I fit into," bench coach DeMarlo Hale said.

The Jays are looking for versatility in part because of shortstop Jose Reyes, whose value in the field — as measured by defensive runs saved, ultimate zone rating and defensive WAR metrics — has declined bit by bit over several seasons.

In an innovative analysis by USA Today last month, Reyes' defence was rated based on defensive runs saved; results were based on a study using film and computer technology from Baseball Info Solutions, pitting Reyes' defensive attempts against his shortstop peers.

UZR (ultimate zone rating) and defensive WAR metrics were also cited, and all studies revealed a decline in Reyes' defence but he has battled hamstring, ankle, and shoulder

Quoted

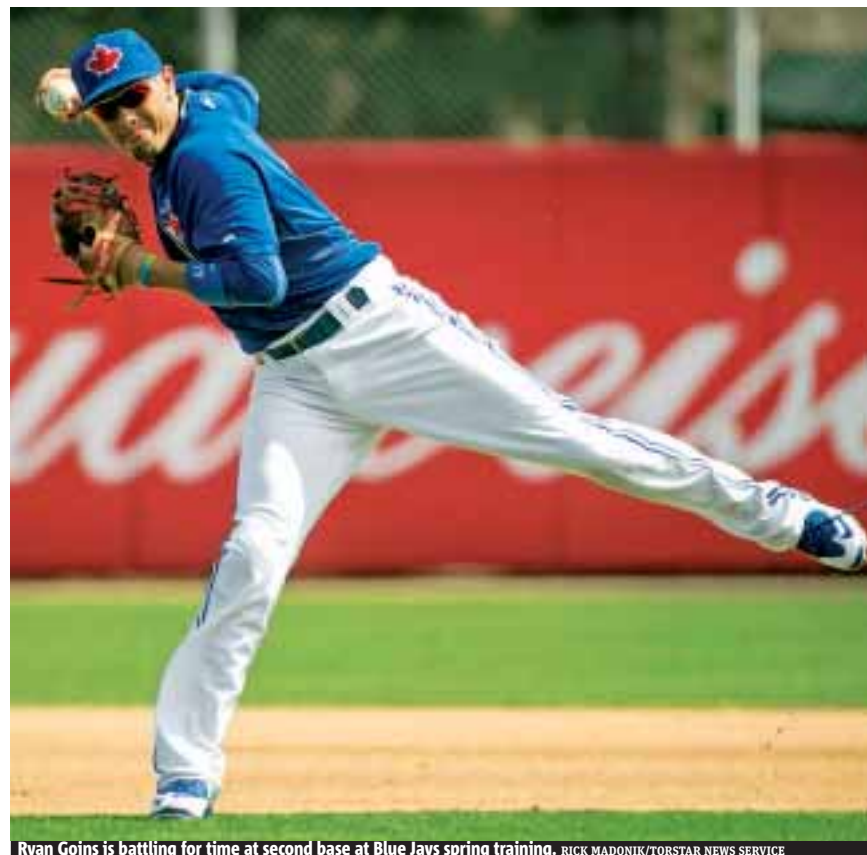
"I had a lot of (hitting) information that wasn't successful for me last year so I just went back to my hitting from school and the minor leagues, just simplify things."

Toronto Blue Jays Ryan Goins

injuries in recent years.

In addition, he remains an above-average hitter, but his offensive stats are also relatively mid-level for a leadoff hitter. Though he is key to the Jays' plans, there is no secret he will be given more off-days and replaced for defensive purposes, depending on situations.

As for the Jays' second basemen, Maicer Izturis, recovered from his season-ending knee surgery in 2014, and appears to be the favourite for the starting job. Izturis wears a brace now when he plays, and requires treatment almost daily to loosen his knee joint before talking to the field. Goins has the best range and glove of any infielder in the organization and, while he has flashed brilliance at second, his true position is short. **TORSTAR NEWS SERVICE**



Ryan Goins is battling for time at second base at Blue Jays spring training. RICK MADONIK/TORSTAR NEWS SERVICE

Welbeck back to haunt Van Gaal as United exits cup



Arsenal's Danny Welbeck scored against his former club. GETTY IMAGES

Danny Welbeck scored the winner on his return to former club Manchester United as Arsenal won 2-1 at Old Trafford on Monday to reach the FA Cup semifinals and stay on course to defend the trophy.

Angel Di Maria's 77th-minute sending-off for two yellow cards — one for

diving and the other moments later for tugging the referee's shirt in protest — completed a disappointing evening for United, which is almost sure to end the season without a trophy.

United sold Welbeck on transfer deadline day last summer, with manager Louis van Gaal saying he

wasn't up to the standard of the club's strikers, but he showed great instincts to pounce on Antonio Valencia's poor back-pass and score in the 61st. The England striker rounded David De Gea, slotted the ball into an empty net and celebrated by clenching his fists.

Wayne Rooney's diving

header in the 29th cancelled out Nacho Monreal's well-worked opener four minutes earlier for the visitors, who joined Aston Villa in the last four.

The Bradford-Reading and Liverpool-Blackburn quarterfinal matches ended 0-0, forcing replays.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

With your ruler Mars on great terms with luck planet Jupiter you will make a big impression over the next 24 hours. Don't let your ego get out of hand.

Taurus

April 21 - May 21

The answers are easy to find but ask the right questions. Take a look at the world. Who is in charge? Answer that question and all else will fall into place.

Gemini

May 22 - June 21

The dice are loaded in your favour. All you have to do is throw them with confidence. On the work front especially you need to take a few risks.

Cancer

June 22 - July 23

With Mars and Jupiter perfectly aligned today success is a foregone conclusion. No matter how many times you have been rebuffed in the past you will get what you want now.

Leo

July 24 - Aug. 23

Set yourself a challenge and go all out to make a success of it. Jupiter in your sign, although moving retrograde, makes this the kind of day when limits do not exist, at least not for you.

Virgo

Aug. 24 - Sept. 23

You may be logical but try not to be too rational in your thinking today because it will limit you. If you want something enough you will find a way to get it.

Libra

Sept. 24 - Oct. 23

Make an effort to talk to loved ones and find out what they think. Cosmic activity in your opposite signs of Aries means that if you are nice to people they will be nice to you.

Scorpio

Oct. 24 - Nov. 22

If you focus on a problem to the exclusion of everything else you'll find the solution you need. The answers you require are in your mind already.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in your fellow Fire signs of Aries and Leo means everything comes easy to you at the moment. But that does not mean you no longer have to make an effort.

Capricorn

Dec. 22 - Jan. 20

Follow your intuition over the next 24 hours, even if it leads you in a strange new direction. Just because a lot of people are moving down one path does not mean it is the right path.

Aquarius

Jan. 21 - Feb. 19

Do something today that takes others by surprise. It should remind those you live, work and do business with that you shouldn't be taken for granted.

Pisces

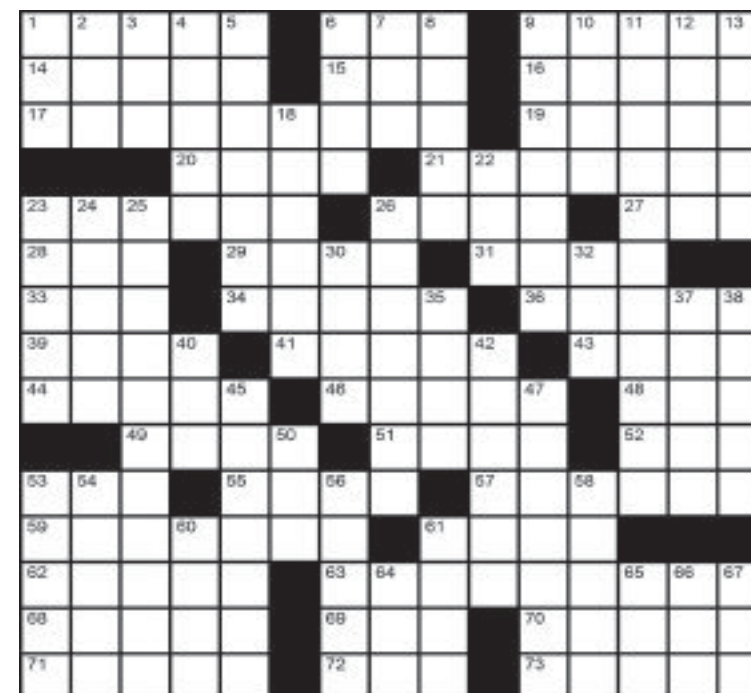
Feb. 20 - March 20

Do you have what it takes to succeed? Yes! You may be a Pisces, one of the nicest signs in the zodiac, but that doesn't mean you can't be ambitious!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Moon shape, e.g.
6. Since-ancient-times dog
9. Beeping communicator
14. Nouveau ___ (New-wealth set)
15. Jackie O's hubby
16. Feminine inner self, in Jungian psychology
17. Canadian frozen yogurt chain founded in 1986: 2 wds.
19. Pancake-on-pancake-on...
20. Bail
21. Daytime movie
23. Backup the file again
26. 1991 Extreme hit: "___ Hearted"
27. Mr. Shackelford
28. Li'l elevation
29. American univ.
31. Spill the beans
33. 'Law' suffix
34. Commandment word
36. Followers
39. ___ upswing: 2 wds.
41. Canadian mixed martial artist, ___ 'The Spartan' Theodorou
43. Bargain
44. Ancient water nymph
46. 'A.' of President James A. Garfield
48. Dick Dyke link
49. Actor Will
51. Edmonton sch.:



- letter + wd. + letter
52. Time-saving abbr.
53. "Great catch!"
55. Borscht ingredi-
- ent
57. Loved one
59. Activity signer-upper
61. Fan's favourite
62. Decorative edg-
- ing in embroidery
63. Sandra L. ___

- Master of the Royal Canadian Mint
68. Piano exercise
69. Stop
70. ___ Robina, Parenting Expert on "Cityline"
71. Earlies opposites, say
72. Place
73. Flower kind

Down

1. Discharge droplets
2. Brazilian city
3. Hosp. recording
4. Solomon to ___ (W.B. Yeats poem)
5. Calgary-head-quartered oil sands company
6. Go separate ways
7. Montevideo is its cap.

8. Gadget
9. Pinks and peaches and lilacs
10. Against
11. Ice Age rodent in North America: 2 wds.
12. Master of ceremonies
13. Made money, with In
18. Arrow: French

22. Greece neighbour [abbr.]
23. Silk-like fabric
24. Female werewolf on Space's "Bitten"
25. Like some McCain fries: 2 wds.
26. North Pacific flatfish
30. ___ Land (Los Angeles, colloquially)
32. Knowing interjections
35. Tropical tuber
37. Make happy
38. Coinage in Coventry
40. Glaswegian's 'No'
42. Terrell __, "Turn the Leaf" (Prod. Preme Diesel) recording artist from Vancouver
45. Weighs the pros and cons
47. "Vogue" song-stress
50. Stimp's co-star
53. Drive bugs away
54. The Body Shop founder Ms. Roddick
56. Singing: Ms. Merman
58. Gymnastics: Ms. Korbut's
60. Emulated an equestrian
61. '500' car race
64. "___ Maria in Novela Land" (2015)
65. Blaster!
66. Roman I's amount
67. Big Apple hockey team [acronym]

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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